



Extension Connections

Educating, Engaging and Empowering Chesterfield County Residents

Chesterfield County in Partnership with Virginia Tech and Virginia State University

Issue 1, Volume 3

June 2015

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A Message from T. Michael Likins, Chesterfield Cooperative Extension Director

Things are hotting up! If you're not familiar with the uniquely British colloquialism, it means just what it says; things are getting hotter. You don't have to step outside to know that summer is here with its good and bad. There's plenty of good in fresh produce from one's backyard or the nearest Farmers' Market. Not all fruits and vegetables make it to the table due to growing conditions, diseases and insects. If you are having troubles in your plot of land, contact us for instructions on how to submit a sample for diagnosis or insect identification. Once we know the problem, we'll work with you on a sustainable solution.



News for the Young and Young at Heart with 4-H

Congrats to the participants of Adobe Youth Voices.

This year, we had 5 youth from Providence Middle School to participate. Their videos focused on a variety of topics including financial literacy, smoking prevention and preparing for the real world.



4-H Intermediate Congress will be held July 13-15 at Virginia State University. The program cost is \$90 and is open to youth age 11-13. To register, email Jennifer Farrow at farrowje@chesterfield.gov or call 804-751-4431.

CHESTERFIELD COUNTY FAIR

The County fair is coming!!! If your youth would be interested in participating in the **Share The Fun Talent Show** or the **Fashion Revue Show**, please contact Bethany Eigel at eigelb@chesterfield.gov by **August 15, 2015**.

Learn more about the services we offer online:
<http://offices.ext.vt.edu/chesterfield/programs/index.html>

EXTENSION CLASSIFIEDS

4-H in partnership with Chesterfield County Public Schools needs your help!

We will be collecting school supplies to help students start the year with power! Drop your supplies **beginning July 1, 2015 until August 1, 2015** at the Mercy Mall, 7867 Redpine Rd. Richmond, VA 23237.



We are looking for the following items:

- Backpacks
- Paper
- Pencils
- Erasers
- Markers
- Crayons
- Other school items

For questions or to make a monetary donation, please contact Jennifer Farrow at 804-751-4431.

Are you interested in Food Preservation/Pressure Canning

If you are interested, a class can be scheduled soon.
Class size is limited to 10 people per session and runs from 6-9pm.
The fee would be \$15. The date selected will be what is convenient for the majority of the participants.
The date and location will be announced later.
Interested? Contact Linda at 804-751-4401 or licole2@vt.edu



Save the date! COMPASS Family Movie Night—August 7th

Where: Community Idea Stations, 23 Sesame Street Richmond, VA from 6:30pm-9pm
Gates open at 6:00pm. Suggested donation of \$10 per family.

All proceeds go to helping students of Chesterfield County Public Schools succeed!
For information on how to register, please visit ideastations.org

Interested in becoming a Chesterfield Master Gardener?

Virginia Master Gardeners are volunteer educators who work within their communities to promote and encourage environmentally sound horticulture practices through sustainable landscape management education and training. Applications for 2016 Master Gardener Class will be accepted starting August 1st till October 1st, 2015. Interested? Email vce@chesterfield.gov to receive an application. Don't forget to join us at our annual open house on September 28th, 2:30-6:30pm at the historical county courthouse.



Home Gardening with Chesterfield Master Gardeners

Late June Tips

- Dead head old flowers from plants to encourage new growth. Do not remove foliage of spring bulbs until it has yellowed & dried. For more tips, check [here](#).
- It is Japanese beetle season again. Hand picking is a good way to handle small numbers. Simply dump them in a bucket of water. For more info see [here](#)
- Ensure that your lawn & garden receives 1 inch of water per week. Set out an empty tuna can to measure rainfall & water early in the morning. More info [here](#)
- During hot, summer weather, be sure to mow your lawn to the appropriate height. This reduces water loss and helps lower soil temperatures. Leave clippings on the lawn to decompose. What's the right height find out by clicking [here](#)
- Check your plants for any diseases or insects; bring bugs & diseased plants to our [Master Gardener Help Desk](#) for FREE diagnosis.

August Tips

- If you wish to kill grass and weeds growing through cracks in patios, garden walks, or driveways, be extremely cautious. Many weed killers will leach into surrounding areas and damage your ornamentals or lawn. Pulling the weeds is the safest action, but you may wish to use a contact herbicide, such as those containing glyphosate. Read the label carefully and do not use on windy days since it is more likely to damage other plants.
- Start selecting your favorite bulb varieties and order them now. A good guideline to use is 'biggest is best' in regard to bulb size. Be careful about so-called "bargain" bulbs as they may be small or of inferior quality.
- Water shrubs deeply once a week during August. Many plants, including camellias and rhododendrons, are starting buds for next season's bloom at this time.

***Summer is no
time to let your
lawn and
garden burn!***

***Note these
excellent tips for
keeping your lawn
and garden happy
and healthy!***

***Don't forget to
visit our
Master Gardener
Help Desk
if you have any
garden related
questions.***

***Either Call
804-751-4401
Or stop by in
person at 7501
Mimms Loop,
Chesterfield,
Virginia 23832***

July Tips

- Powdery mildew diseases attacks roses, apples and cherries on warm days and cool nights. Prevention by cultural techniques is the first defense. Grow resistant varieties; space and prune plants to improve aeration and lessen shading; water early in the day and at the base rather than on leaves; and reduce nitrogen applications to avoid excessive, late-season growth.
- Water your lawn and garden in the early morning to prevent evaporation. Mulch plants to reduce water loss and improve yields. To further avoid excess evaporation, use a sprinkler that produces large drops of water instead of a fine mist.
- Have slugs? Put out squares of cardboard in your garden each night. In the morning, pick them up, and if there are any slugs clinging to the underside, discard in a trash bag.

Beginning of September Tips

- Many plants in the flower border will make excellent house plants this winter. Among the easy-to-maintain indoors are begonia, coleus, geranium, and ivy. If they are already being grown in containers, it is a simple matter to bring them indoors. Start moving them in at night when the temperature drops below 60 degrees F to maintain their vigor and flower production.
- Now is the time to fertilize and reseed your cool season grasses. Warm days and cool nights provide ideal conditions for seed germination and establishment of tall fescue, Kentucky bluegrass, fine-leaf fescues, and perennial ryegrass. For more detailed information refer to this extension publication [here](#).
- Check back with us for more tips for late September in our Fall issue of Extension Connections with more tips!



A special thanks to the 70+ Master Gardener volunteers and great community sponsors who made our 4th annual Bumblebee Jamboree on June 13th a buzzing success!

Learn what you and your family can do to save the pollinators and see live footage of this year's Bumblebee Jamboree by visiting <https://www.youtube.com/watch?v=q44vxTSKRiY>



Chesterfield Cooperative Extension Presents:
Fall Lawn and Garden Seminar Series
August and September 2015

Save the date for the following **FREE** public seminars to the public this fall. Seminars take place at Chesterfield County Libraries from 6:00-8pm. **Seating is limited; registration required.**

August 5th "Your New Landscape Plants" @ LaPrade Library

August 12th "Fall Lawn Care" @ Central Library

August 19th "Alternatives to Grass" @ Central Library

September 9th "Weeds" @ Central Library

September 14th "Vermicomposting" @ Bon Air Library

September 21st "Composting" @ Midlothian Library

September 23rd "Planting with Natives" @ Midlothian Library

To Register:
Call 804-751-4401 or email: vce@chesterfield.gov
vce@chesterfield.gov

*Seminars presented by
Chesterfield County
Master Gardeners*

Stay tuned for more seminars by checking our
event calendar at: <http://goo.gl/eBkkOG>

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments. If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Sherry Minicino in the Chesterfield Extension Office at 751-4401 during business hours of 8:00 am and 5:00 pm to discuss accommodations 5 days prior to the event.



Upcoming
seminars and
classes held by
Chesterfield
Master Gardeners

Call 804-751-4401
To RSVP your spot
Today!



LANDSCAPE FOR LIFE 
Based on the principles of the Sustainable Sites Initiative™

The Landscape For Life educational series instructs homeowners on how to create and maintain healthy and beautiful landscapes that benefit their family and the surrounding community. Through this six week course you will have the opportunity to learn and apply the concepts of sustainable gardening to your own landscape.

This series will meet Tuesday evenings beginning September 15, 2015 through October 20, 2015 from 6:30-8:30 pm.

The program cost is \$75, which covers class materials.
Please call 804-751-4401 or email vce@chesterfield.gov for registration and information. Download the application at <http://offices.ext.vt.edu/chesterfield/>



Home Economics & Nutrition News for you with FCS

Summer marks the beginning of increased travel and family vacations. One thing that is often forgotten about in all our fun is being prepared for the upcoming Hurricane Season. Although it is predicted to be a quieter season, there are few things that should be kept in mind:

- Have an emergency kit for your home and car
- Be sure to include pet items in your emergency plan
- Create a communications plan for your family
- Create and practice an evacuation plan for your family
- Have a plan for members of your family whom may have special care needs
- If there is a power outage. Remember to minimize opening and closing refrigerator doors and to check food temperatures once power is restored.



For information on this and other topics, visit us at 6807 Mimms Loop, Chesterfield, VA 23832, or call Linda Jackson Cole at 804-751-4401 or email at licole2@vt.edu



Chesterfield County

Drinking Water Clinics in 2015



Does your drinking water come from a well, spring, or cistern?

You can learn more about the quality of your drinking water and how to care for your water system by participating in a drinking water clinic.

1. Select either **Monday, October 5 or October 19, 5:00 PM-7:00 PM** for the informational meeting at the Chesterfield County Fair Grounds Exhibition Hall off of Courthouse Rd. You will pick up a sample kit and get instructions on how to collect your household water sample. Next you will collect a sample from your tap at home on Tuesday evening and complete a short questionnaire.

Please note the following:

- If attending the **October 5** information meeting, drop off sample at the Chesterfield County Fair Exhibition Hall on **Wednesday morning, October 7, 5:00 AM-9:00 AM**
- If attending the **October 19** information meeting, drop off sample at the Chesterfield County Fair Exhibition Hall on **Wednesday morning, October 21, 5:00 AM-9:00 AM**

About 4 weeks later, you will receive your confidential test results, an explanation of what the results mean, and information on how to handle any problems that are present. The dates for the Results and Interpretation meeting will be announced at our information meeting.

Cost: \$50.00 per kit (includes sample analysis cost to test for selected chemical and bacteriological constituents)

Registration: Please register with Virginia Cooperative Extension, Chesterfield Office, by **September 14** so that we can reserve a water kit for you! **Payment is made in cash, money order, cashier's check or a personal check written to "Treasurer of Virginia Tech" delivered to or mailed to Virginia Cooperative Extension, Chesterfield Office, 6807 Mimms Loop, Chesterfield, VA 23832.** There will be a \$50.00 return check fee payable in cash, money order or cashier's check. Call: (804) 751-4401 or email licole2@vt.edu for further information.

Healthy Eating and Living Tips with the Family Nutrition Program

The Family Nutrition is back!

Our Program Assistant Mallory DiStefano explains what the program is about below:

What is the Family Nutrition Program?

The Virginia Cooperative Extension's Family Nutrition Program provides nutrition and healthy lifestyle education to limited-resource Virginians, and is funded in part by the Federal Supplemental Nutrition Assistance Program Education (SNAP-Ed) grant. Our mission is to help families and youth make healthier food choices and become better managers of available food resources for optimal health and growth.

Who can sign up for the Family Nutrition Program?

The program offers nutrition and healthy lifestyle information to adults receiving Temporary Assistance to Needy Families (TANF) or in other government assistance programs like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Head Start, Supplemental Nutrition Assistance Program (SNAP), or Medicaid also qualify for the Family Nutrition Program.

What are the classes that the Family Nutrition Program teaches?

The program consists of 6 sessions of the *Eat Smart Move More* curriculum. Each session is about an hour long and is taught on a weekly basis for 6 weeks. In the sessions, participants will learn about making healthy choices, valuable food preparation skills, and how to become more active.

What is the cost of the Program?

This great program is free to all participants.

Is this a new program? I haven't heard of it before.

Supplemental Nutrition Assistance Program Education (SNAP-Ed) began in 1996. Virginia Cooperative Extension has been without a program assistant in Chesterfield since 2012. We are very excited to have a new program assistant on our VCE Team and be able to offer this program again to Chesterfield residents!

How do I sign up for the Family Nutrition Program?

If you are interested in taking the classes with the Family Nutrition Program in Chesterfield County please contact Mallory di Stefano at diStefanoM@vt.edu or call 804-751-4401.

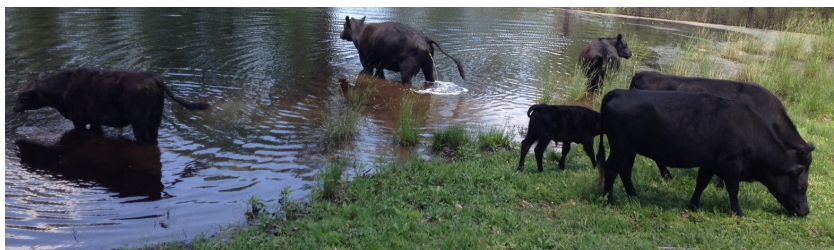


Farming Updates from your local SWCD

Congratulations to our Clover Hill High School team coached by Michelle Huber for finishing in the top 5 at the 2015 Dominion Envirothon state championship!

Our “Stream exclusion with grazing land management (SL-6)” practice, which includes incentives for fencing livestock out of creeks and ponds, will still be available in the coming year, but the cost-share rate is dropping from 100% to 80% on June 30. This is still a great way to improve the health of your animals and the productivity of your pastures, so call or email for more info about what we can do for your farm today!

**For additional information on this and other programs, contact
John Allen, Conservation Specialist at 804-732-6550 or jallen@princegeorgeva.org**



The Extension Office Buzz

Congratulations Sherry Minnicino, Virginia Cooperative Extension Chesterfield County Unit Administrative Assistant, for receiving the Southeast District Meritorious Support Service Award from Alpha Gamma Chapter of Epsilon Sigma Phi. Sherry received her award on May 20, 2015 at Virginia Cooperative Extension VESA (Virginia Extension Service Association) Conference at Virginia State University.

Sherry is energetic and enthused about her work as she greatly displays punctuality, accountability, dependability and adaptability. She is exceptional in her work ethics by assisting our clients, volunteers, stakeholders and staff and managing our unit fiscal matters and assisting with the Master Gardener program. Her work exemplifies her dedication to Virginia Cooperative Extension.



Jennifer Coates, County Administrative Assistant

Jennifer was born and raised in Chesterfield County. She is married to a wonderful man named Jeff. They have two children Hunter (22) and Brooke (18). She is also the mother to two Lab Retrievers, a chocolate lab named Chase, and a yellow lab named Riley. She also has a cat named Sprinkles. Jennifer has been a committed employee with Chesterfield County for almost 19 years. In her spare time, she likes to go camping, be outdoors, and do kickboxing.



Take a minute to
meet some new
faces to our
Chesterfield
Team!



Charlotte "Charley" Maxwell, Agriculture and Natural Resources Agent

Charley is a Hanover County native who recently graduated from Virginia Tech with a Bachelor's degree in Animal and Poultry Sciences, equine emphasis and business production option, in addition to a minor in civic agriculture and food systems. She was a proud member of the Marching Virginians, Block and Bridle and Sigma Alpha while at Tech. She enjoys horseback riding, running, reading, baking, gardening and watching new movies. She is currently pursuing a Master's degree in Agriculture Education.

Caitlin Schoemmell, Summer Intern

Caitlin is a rising Junior at Virginia Tech, where she is studying Agriculture Technology. She is a former 4-Her, as well as a 4-H All Star. Caitlin hopes to enter into a career in International marketing with a focus on agriculture.



Carter Humphries, Summer Intern

Carter attended Virginia Tech, where she received an undergraduate degree in Animal and Poultry Sciences. She is currently finishing her Master's degree in Agriculture Education. Someday, she hopes to become an Extension Agent, or pursue a career in Education.



Virginia Banda-Garcia, Summer Intern

Virginia is rising Senior at Mary Baldwin College, where she is majoring in Psychology and minoring in Spanish. Virginia hopes to become a School Psychologist some day. Virginia is originally from Mexico, but resides in North Chesterfield with her family.





News From Chesterfield's Extension Leadership Council

WE WANT YOU!

**What is the
Extension Leadership
Council all about ?**

The Extension Leadership Council exists to develop and implement a program plan that will direct Extension's resources toward the resolution of identified issues and concerns.

**Interested in becoming
a member or getting
involved?
Call 804-751-4401**

The Chesterfield County Extension Leadership Council needs you! If you are looking for a minimal volunteer commitment and want to make an impact in your community, then we are for you!

Members are expected to attend quarterly meetings, help out with Extension Programs, be a voice and advocate for Extension and promote Extension programs in the community.



When: Wednesdays 3-6pm.

May 20th - Sept 16

Where: Chesterfield County Government Complex on Mimms Loop, between Krause and Lori Rds, next to the Rose Building, located at 6701 Mimms Loop.



**The Chesterfield County Farmers Market
Is back for another season!**

Pick up your fresh, local produce all summer long. Enjoy herbs, prepared foods, Brunswick stew, mushrooms, crafts, soaps, children's programs and much more.

Cash preferred.

**For additional information, call 804-751-4401
or check us out on Facebook/CFit Farmers**

**Interested in any of the programs and opportunities mentioned?
Get in touch with us today!**



Or Visit Online at <http://www.chesterfield.gov/extension/> for more details

***Want to unsubscribe from our newsletter? Send us an email at
vce@Chesterfield.gov***

Tell us what you think! [Customer Satisfaction Survey](#)

If you are a person with a disability and desire any assistive devices or other accommodations to participate in any of these activities, call 751-4401 between 8 a.m. and 5 p.m. to discuss accommodations five days prior to the event.

***TDD (800) 828-1120.**



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